



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09025, Apricots, canned, extra light syrup pack, with skin, solids and liquids**

**Report Date: May 22, 2017 01:49 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.69 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 247g
<b>Proximates</b>					
Water	g	86.30	1	--	213.16
Energy	kcal	49	--	--	121
Energy	kJ	205	--	--	506
Protein	g	0.60	--	--	1.48
Total lipid (fat)	g	0.10	1	--	0.25
Ash	g	0.50	1	--	1.24
Carbohydrate, by difference	g	12.50	--	--	30.88
Fiber, total dietary	g	1.6	--	--	4.0
<b>Minerals</b>					
Calcium, Ca	mg	10	1	--	25
Iron, Fe	mg	0.30	1	--	0.74
Magnesium, Mg	mg	6	1	--	15
Phosphorus, P	mg	12	1	--	30
Potassium, K	mg	140	1	--	346
Sodium, Na	mg	2	1	--	5
Zinc, Zn	mg	0.08	1	--	0.20
Copper, Cu	mg	0.040	1	--	0.099
Manganese, Mn	mg	0.052	--	--	0.128
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	4.0	1	--	9.9
Thiamin	mg	0.020	1	--	0.049
Riboflavin	mg	0.020	1	--	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 247g
Niacin	mg	0.600	1	--	1.482
Pantothenic acid	mg	0.092	--	--	0.227
Vitamin B-6	mg	0.054	--	--	0.133
Folate, total	µg	2	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	5
Folate, DFE	µg	2	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	64	--	--	158
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1271	--	--	3139
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.007	--	--	0.017
16:0	g	0.006	--	--	0.015
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.043	--	--	0.106
18:1 undifferentiated	g	0.043	--	--	0.106
Fatty acids, total polyunsaturated	g	0.020	--	--	0.049
18:2 undifferentiated	g	0.020	--	--	0.049
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.011	--	--	0.027
Threonine	g	0.022	--	--	0.054
Isoleucine	g	0.018	--	--	0.044
Leucine	g	0.035	--	--	0.086
Lysine	g	0.042	--	--	0.104
Methionine	g	0.003	--	--	0.007
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.025	--	--	0.062
Tyrosine	g	0.014	--	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 247g
Valine	g	0.022	--	--	0.054
Arginine	g	0.023	--	--	0.057
Histidine	g	0.010	--	--	0.025
Alanine	g	0.030	--	--	0.074
Aspartic acid	g	0.137	--	--	0.338
Glutamic acid	g	0.061	--	--	0.151
Glycine	g	0.019	--	--	0.047
Proline	g	0.036	--	--	0.089
Serine	g	0.034	--	--	0.084
<b>Other</b>					